WHAT IS CLAIMED IS:

1. A method of avoiding the bleeding problems associated with administering to a female mammal dosage amounts of an estrogen low enough to create incidents of breakthrough bleeding and withdrawal amenorrhea, which comprises (a) administering the estrogen daily without interruption and (b) periodically, at intervals of at least about a month, administering to the female an amount of an antiprogestin effective to reduce or eliminate breakthrough bleeding and, optionally, also induce sloughing of accumulated endometrial tissue whereby menses is induced.

2. The method of claim 1, wherein the female mammal is a gonadal woman desiring contraception and the estrogen is administered in combination with a progestin in amounts effective to block folliculogenesis and thereby creating a contraceptive state therein and inducing menses upon the administration of the antiprogestin.

3. The method of claim 2, wherein the estrogen is administered in combination with progestin in an amount effective to suppress endometrial proliferation.

4. The method of claim 2, wherein the administration of the progestin and estrogen is continued uninterrupted throughout the cycle, including during menses.

5. The method of claim 2, wherein the administration of the progestin and estrogen is interrupted proximate the day of antiprogestin administration.

6. The method of claim 1, wherein the antiprogestin is administered about monthly.

7. The method of claim 2, wherein the antiprogestin is administered orally.

8. The method of claim 2, wherein the antiprogestin is mifepristone.

9. The method of claim 2, wherein the estrogen is ethinyl estradiol.

10. The method of claim 2, wherein the progestin is norethindrone acetate.

11. The method of claim 1, wherein the female mammal is a gonadal woman and the amounts of estrogen and progestin administered are effective to block folliculogenesis and thereby create a contraceptive state therein; wherein the antiprogestin is administered orally about monthly; and wherein the administration of the progestin and estrogen is continued uninterrupted throughout the cycle, including the menses.

12. The method of claim 1, wherein the female is a para- or postmenopausal woman on hormone replacement therapy.

13. The method of claim 12, wherein the antiprogestin is administered at longer than monthly intervals.

14. The method of claim 12, wherein the administration of the progestin and estrogen is continued uninterrupted throughout the cycle, including during menses.

15. The method of claim 12, wherein the administration of the progestin is interrupted proximate the day of antiprogestin administration.

16. The method of claim 12, wherein the antiprogestin is administered orally.

17. The method of claim 12, wherein the antiprogestin is mifepristone.

18. The method of claim 12, wherein the estrogen is ethinyl estradiol or estradiol.

19. The method of claim 12, wherein the progestin is norethindrone acetate.

20. The method of claim 2, wherein the female mammal is a para- or postmenopausal woman on hormone replacement therapy, wherein the antiprogestin is administered orally at longer than one month intervals and the administration of the progestin and estrogen is continued uninterrupted during the period of antiprogestin administration.

21. A kit containing at least about 20 estrogen and progestin-containing tablets, which collectively are effective when 21 thereof are taken on successive days to achieve continuous oral contraception in a gonadal female human being but which contain amounts thereof which are too low to avoid breakthrough bleeding incidents where administration of the tablets is interrupted for a week during each monthly cycle to induce menses; and

containing a tablet, arranged in the kit so as to be taken after at least 20 of the estrogen and progestin-containing tablets have been taken, which contains an amount of an antiprogestin effective to induce menses.

22. A kit according to claim 21, containing 28 of the estrogen and progestin containing tablets, arranged to be taken sequentially with the anti-progestin containing tablet positioned as the 20th or later tablet in the sequence.

23. A kit according to claim 21, wherein the estrogen is ethinyl estradiol, the progestin is norethindrone acetate and the antiprogestin is mifepristone.

24. A kit according to claim 21, wherein the estrogen is ethinyl estradiol, the progestin is gestodene and the antiprogestin is onapristone.

25. A pharmaceutical composition in solid oral unit dosage form comprising amounts of an estrogen and of a progestin contraceptively equivalent to 5 mcg. to 35 mcg. of ethinyl estradiol and 0.5 mg. to 1.5 mg. of norethindiol acetate, respectively, and an amount of an antiprogestin effective to induce menses in a female human being who has ingested daily for at least 20 days corresponding amounts of the estrogen and progestin.

26. A pharmaceutical composition according to claim 19, containing 0.5 to 35 mcg. ethinyl estradiol, 0.5 to 35 mg norethindrone acetate and 50 to 500 mg. of mifepristone.

27. A pharmaceutical composition according to claim 19, containing 0.5 to 35 mcg. ethinyl estradiol, 10 to 15 mcg. gestodene and 50 to 500 mg. of onapristone.

Add B1 Add D1 Add D2